

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Comparison of the effect of Conventional yogurt with Probiotic yogurt on the level of salivary Streptococci Mutans of dental students of Islamic Azad University

Protocol summary

Summary

Introduction : The yogurt has been considered as a healthy diet among the other snacks. Nowadays the production of probiotic yogurt is been increasing. In recent years several studys have pointed the potential ability of these products to decrease the level of oral cavity Streptococci Mutans. The aim of this study is to compare the effect of homemade Probiotic yogurt with conventional yogurt on the level of salivary Streptococci Mutans of dental students of Islamic Azad University in 1390. Materials and Methods : Thirty dental students participate In this cross-over double-blinded randomized clinical trial study. The participant have been asked not to receive any antibiotic therapy 2-weeks before and during the study , also not to be exposed to any fluoride - contained or antibacterial mouthwashes , not to use any yogurt or probiotic products a week before and during the study , not to use any gums or Xylitol-contained products during the study .Each participantshave been asked to eat 200 cc amount of probiotic yogurt 10 minutes after dinner meal and not to brush their teeth for an hour after that. The level of of salivary Streptococci Mutans of participants has been measured at the beginning of study , after the each three intervention period (the use of probiotic yogurt , conventional yogurt and use of none of them) and wash-out period. (intervention period lasts 3-weeks and wash-out period lasts 2-weeks apart). Mitis Salvarius Agar medium has been used to measure the load of bacterial culture. Each participants has been in 3 study group in a self-controlled manner.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012090210715N1**

Registration date: **2012-09-25, 1391/07/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-09-25, 1391/07/04

Registrant information

Name

Nesa Jamei

Name of organization / entity

Dental Faculty of Islamic Azad University of Tehran

Country

Iran (Islamic Republic of)

Phone

+98 61 1337 3843

Email address

nesa_jamei97@yahoo.com

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2011-10-02, 1390/07/10

Expected recruitment end date

2011-10-17, 1390/07/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of Conventional yogurt with Probiotic yogurt on the level of salivary Streptococci

Mutans of dental students of Islamic Azad University

Public title

Comparison of the effect of Conventional yogurt with Probiotic yogurt on the level of salivary Streptococci Mutans of dental students of Islamic Azad University in 1390

Purpose

Prevention

Inclusion/Exclusion criteria

Exclusion Factors : Topical Fluoride Therapy : any use of fluoride or antibacterial mouthwashes in the past 3-weeks before the study : any antibiotic therapy two weeks prior to the study : any use of Xylitol-contained products during the study: any yoghurt or probiotic products consumption during a week before the study . Inclusion Factor: a dental student.

Age

No age limit

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of the Dental Faculty of Islamic Azad University of Tehran

Street address

4 plaque ,Neyestan 10 street ,Pasdaran,Tehran

City

Tehran

Postal code

1946853314

Approval date

2011-11-02, 1390/08/11

Ethics committee reference number

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Health conditions studied

1

Description of health condition studied

level of salivary streptococci mutans

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

salivary streptococci mutans

Timepoint

one day before any intervention ,one day after any intervention

Method of measurement

culture in mittis salivarius agar

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Study Groups: a group that have been received probiotic yogurt . Each participantshave been asked to eat 200 cc amount of probiotic yogurt 10 minutes after dinner meal and not to brush their teeth for an hour after that.

Category

Prevention

2

Description

Control Groups1 : a group that have been received conventional yogurt . Each participantshave been asked to eat 200 cc amount of conventional yogurt 10 minutes after dinner meal and not to brush their teeth for an hour after that.

Category

Prevention

3

Description

Control group2 : a group that did not use any yogurt. The control group has been asked not to use any yogurt or probiotic products in 3-weeks through the study.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Dental Faculty of Islamic Azad University of Tehran

Full name of responsible person

Nesa Jamei

Street address

4 plaque ,Neyestan 10 street ,Pasdaran,Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research ,Dental Faculty of Islamic Azad University of Tehran

Full name of responsible person

Arash Azizi

Street address

4 plaque ,Neyestan 10 street ,Pasdaran,Tehran

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice chancellor for research ,Dental Faculty of Islamic Azad University of Tehran

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Dental Faculty of Islamic Azad University of Tehran

Full name of responsible person

Nesa Jamei

Position

Student

Other areas of specialty/work

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty
Analytic Code
empty

Data Dictionary
empty